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Housekeepers'Chat October 24, 1929.

NOT FOR PUBLICATION

Subject: "Milk and the Household Refrigerator." Information from Anna M. Pabst, Bureau of Home Economics, U. S. D. A.

Bulletin available: "Care of Milk in the Home."

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Do you ever get to the place where your work seems to pile up, faster than you can take care of It? Maybe you are such an efficient housekeeper that your home is always ship-shape, all your meals on time, all the buttons sewed on everybody's clothes.

How I have tried to become such a perfect housewife! But some way, I never get everything done, on time. Take last week, for instance, Unexpected company and a wedding the first part of the week, curtains to hang, clothes to wash and iron, and meals to cook, in between times. And a speech to make. Can you imagine me making a speech? I like to talk to you folks, this way, but put me up on a platform, before a crowd, and I get shaky and stammery. My tongue cleaves to the roof of my mouth, and I can't remember what to say. If it hadn't been for my new hat, I never would have made it. But with a new hat, I can do most anything. It's blue-blue velvet-off-the-face-in-front style. The speech was about-but nobody cares what the speech was about.

Well, while I was in the midst of entertaining company last week, taking them down to Mount Vernon, to Arlington, to the Lincoln Memorial, and so forth, what should I get but an unusually big number of letters to answer. Important ones, too. Those about house plants and bulbs and storing vegetables, I sent to W.R.B. the Garden Adviser; those about children I sent to the Childrens Bureau of the Department of Labor--but still there were a lot of letters I had to answer myself Take the question about milk, and the best way to keep it. I asked the Menu Specialist what I'd better do about that.

"Is there anybody in your Bureau," I asked, "who has made a special study of milk and refrigerators, and so on?"

"There is," said the Menu Specialist. "Right upstairs, Aunt Sammy. Introduce yourself to Miss Pabst, Miss Anna Pabst, and tell her what you want to know."

I went upstairs,with a pocketful of letters, and sure enough I found Miss Pabst, and she was a very pleasant person to meet.

"Please tell me" I said, "What you know about keeping milk in a refrigerator. Do you have any facts and figures on the subject?"

"A great many," said Miss Pabst. "Sit down, Aunt Sammy, and let me answer your

milk questions. In the first place, milk is a food that spoils easily. Of course you knew that. Milk is such an important food that public health associations have established certain standards for its composition and bacterial content

"Time was when milk was delivered in open containers. It is now generally recognized that milk must be delivered in capped bottles. In fact, it should be handled in closed containers, from the time it is drawn from the cow and strained, until it reaches you and me and our neighbors.

"It is also very important that the housewife should use the same degree of care in handling milk after it reaches the home. Under no circumstances should milk be placed in a refrigerator in an open pitcher, bottle, or other uncovered container. Milk should be tightly stoppered, and never opened until immediately before use. You know the reason for that? Milk absorbs flavors and odors very readily, and it is one of the very best places for bacteria to gather and raise families. If only part of a bottle of milk is used, the cap should be replaced before the bottle is put back into the refrigerator."

"What about the bacteria?" I asked. "Doesn't the temperature at which milk is kept have a great deal to do with the bacterial content?"

"Indeed it does. Milk should be refrigerated as soon as possible after delivery, and it should always be kept in the coldest portion of the refrigerator. I made a study of this subject recently. Results show that it is quite necessary to keep milk in the coldest part of the refrigerator."

"Another question, Miss Pabst. What about using milk which is old but not really sour?"

"A bad idea, Aunt Sammy. The idea that milk can be used until it is actually turning sour, is rapidly being displaced by the knowledge that milk may be stale and unfit for food, although it may not be sour. It should, therefore, be kept as near its original wholesome state as possible, by keeping it at a low temperature--a temperature low enough to retard the development of bacteria."

"What temperature is best?" I wanted to know.

"A temperature of 50 degrees Fahrenheit has often been recommended, and some recent investigators stress 45 degrees. The studies in this Bureau show clearly the advantage of holding milk at 45 degrees Fahrenheit or below, because the first great jump in bacterial growth takes place between 45 and 50 degrees. These results also show the important relation of time to temperature. If milk is held for a short period--24 hours or less--a temperature not exceeding 50 degrees is all right. If the milk is held for a longer time, than a temperature of 45 degrees is better. When you answer these questions, Aunt Sammy, perhaps you'd like to call attention to the bulletin: Milk and Its Uses in the Home. This is a valuable leaflet--it discusses milk as a food, from the point of view of the housekeeper, and shows why it is exceptionally important in the diet of children, and a valuable food for grown-ups. Do you ever mention bulletins, Aunt Sammy?"

I postively blushed, when Miss Pabst asked me that question! Do I ever mention bulletins! Do I ever miss a chance to mention bulletins!

I thanked Miss Pabst for her information, and went downstairs to see the Menu Specialist again. She was working on a Sunday dinner.

"What's for Sunday?" I asked.

"Everything's ready but the dessert," said the Menu Specialist. "Can you suggest a dessert that is entirely novel and different—interesting, appetizing, and—and—"

"Delicious," I asid. "Yes I can. Apple pie."

The Menu Specialist looked doubtful. "Aunt Sammy, I asked for a dessert that is novel, different, and interesting, and you suggest Apple Pie!"

"Why not? Apple pie is all those things—providing you haven't had it for a long time."

"Maybe," said the Menu Specialist. "Maybe—if it's a Deep Dish Apple Pie."

"By all means," I said. "Of course I meant a Deep Dish Apple Pie."

And gathering up my recipes, my menus, and my milk bulletins, I left.

Tomorrow I'll tell you about the apple pie, and the rest of the Sunday dinner.

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